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{pages 15-17}

TORONTO metro®
Monday, February 27, 2012
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News worth sharing.

Via 'family' loses 3 in crash

Train derailment in Burlington also leaves 45 injured ◐ Three passengers airlifted to hospital: One with a heart attack, another with a broken leg and the third with a back injury ◐ Investigators in data-gathering phase

A slight bump followed by people and luggage flying through the air is how one passenger is describing a train derailment Sunday west of Toronto that killed three engineers and injured 45 passengers.

The time between the train leaving the tracks and the crash was only about 10 seconds, but it felt like "forever," said Deanna Villela of Welland, Ont.

Villela was among 75 passengers travelling on train No. 92 from Niagara Falls to Toronto when the train left the tracks around 3:30 p.m. Area residents described a chaotic scene of emergency vehicles, sirens blaring and helicopters buzzing overhead the normally busy rail corridor. The locomotive and one passenger car flipped onto their sides and crashed into a small trackside building. Another two passenger cars were forced off the tracks into a L-shape. All six cars derailed.

The three dead Via engineers, one a trainee, were riding in the cab of the locomotive. A fourth Via worker was also injured.

Via's chief operating officer called the derailment "tragic."

"We're a relatively small company, we're a family, we know everyone by name," John Marginson said at the scene.

Amid the twisted metal and debris emergency crews scrambled to pull passengers to safety. Some were carried away on boards and stretchers while others, looking dazed and battered, were led out of the wreckage by emergency workers.

"It was scary," said Catherine, who was among some 30 passengers who weren't injured and arrived at Toronto's Union Station by shuttle bus.

"The cars in front of us were fully off the tracks — ours was half off the tracks at the end. It was hard to get out," she said.

THE CANADIAN PRESS

2008 incident

- The stretch of tracks where a Via Rail train derailed Sunday was the scene of another major train crash nearly four years ago to the day.
- On Feb. 18, 2008, a freight train skidded off the lines, derailing 19 cars and tankers in the exact same block as Sunday's crash.

DAVID RITCHIE/THE CANADIAN PRESS

▶ Emergency crews help extract Via employees from the locomotive out of a train wreck in Burlington on Sunday. Inset: an aerial view of the train derailment.

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Fords take transit agenda to radio

Coun. Giorgio Mammoliti makes brief cameo on air to reaffirm his ward's support of mayor

Outspoken Doug Ford predicted he probably wouldn't make it through his first radio show without saying something to get kicked off the air.

But both Rob and Doug Ford made it through their debut hosting Newstalk 1010's The City Sunday afternoon without a single gaffe, all while hammering away at the administration's agenda to build subways.

The two-hour debut was almost entirely devoted to pushing the Sheppard subway expansion, with a few brief detours into hockey — Wendel Clark was a call-in guest — the Oscars and upcoming events in the city.

A number of callers praised Rob Ford for his work so far and thanked him for supporting underground transit expansion. The only unfriendly speaker was "Chris from Toronto," who pressed the mayor on his comment that council's recent transit vote in favour of light rail was "irrelevant."

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford darts past some of the assembled media after arriving later than expected for the radio talk show he and his brother Doug began on Sunday.

"What I was saying is the Eglinton project is a provincial project — obviously everything we do at council is important. But it's a provincial project. So when I got elected (light-rail-heavy Transit City) was basically just thrown upon my lap. And I went and spoke to premier," said Ford. "I went back there and just told the premier that we want underground transit. It's his project. He can do whatever he wants."

"I went back there and just told the premier that we want underground transit. It's his project. He can do whatever he wants."
MAYOR ROB FORD

Ford also brushed off recent comments from Transportation Minister Bob Chiarelli that the province would be supporting council's decision.

"I don't think (Premier Dalton McGuinty) actually said it himself," said Ford. **TORSTAR NEWS SERVICE**

Kensington butcher shop shuttering come spring

European Quality Meats and Sausages, a stalwart butcher shop in the heart of Kensington Market, will close in the spring, yet another harbinger of the old immigrant quarter's fast-changing facade.

The store, with the fire-truck red sign and striped awning, has stood on Baldwin Street for more than five decades.

BERNARD WEIL/TORSTAR NEWS SERVICE

▶ Morris Leider

Rumours circulated earlier this year that the shop was put on the market for $1.8 million. While Larry Leider, son of founder Morris Leider, would not discuss specifics of the sale, he confirmed the store will shutter April 7.

He said rising property values and the market's shifting demographic — drawn to locavore stores and chi-chi restaurants — compelled the company to sell. **TORSTAR NEWS SERVICE**

News in brief

Postcards tell many stories

SHOW. They're storytellers as much as they are collectors.

Inquire about a postcard for sale at the annual Toronto Postcard Club show at the Old Mill Inn and you receive a free history lesson along with it.

But that is part of the charm of collecting postcards, and why dozens of dealers and hundreds of collectors were in town Sunday to buy and sell postcards dating back to 19th century.

"The lure of postcards for many collectors is that they are interested in social history," said George Sachs, the president of the club. "They love reading the messages on the back as much as looking at the image on the front."

Most of the postcards are priced from $1 to $20. But some rare cards can sell for hundreds of dollars. **TORSTAR NEWS SERVICE**

1 news

Call her the eco-warrior princess: Actress Lucy Lawless has been arrested for her involvement in a Greenpeace protest aboard an oil-drilling ship. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A bird's-eye view of the train derailment west of Toronto that killed 3 Via Rail workers. Watch at metronews.ca/video

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SUSPECT WANTED

TTC worker shot

A TTC ticket collector was fighting for his life Sunday night after being shot in the neck during an attempted robbery at Dupont subway station.

Meanwhile, Toronto police were going through surveillance tapes to try to identify suspects.

A number of police officers, the canine unit and EMS were on scene Sunday after the shooting, which occurred just before 7:30 p.m. Police said the call first came in as "hold-up alarm."

Dupont subway station was closed off for the investigation. Trains were bypassing the station.

EMS officials confirmed they transported a man with life-threatening injuries from Dupont station to a local trauma centre.

The collector's name and age have not been released.

TORSTAR NEWS SERVICE

Stafford jury selection to begin

The 12 men and women chosen as jurists this week will come from all walks of life. Ordinary people, but charged with an extraordinary task — to decide the fate of Michael Rafferty.

Rafferty, 31, is charged with first-degree murder of eight-year-old Woodstock girl Tori Stafford. She went missing on April 8, 2009; her body was found three months later. Terri-Lynne McClintic, Rafferty's then girlfriend, pleaded guilty in Tori's death and was sentenced to life in prison in April 2010.

TORSTAR NEWS SERVICE

TTC serves up a new loo

First of many planned service improvements ◐ Cleaner trains next

In what's expected to be a huge relief to riders, the TTC is unveiling the first of its refreshed rest stops in the transit system Monday. But the bathrooms are only the beginning of a series of customer-service improvements rolling out over the system in the coming weeks and months.

Finch and Kipling are the first of the TTC's 10 public restrooms that will be refurbished, from fittings to fixtures, by June — with modern surfaces and plumbing that are easier to keep clean.

"Washrooms are one of the first things I started to hear about when I first came" in May, said TTC chief customer-service officer Chris Upfold, who was recruited from the London Underground last year.

Next up: cleaner trains, says TTC chief operating officer Andy Byford.

Cleaning schedules have been changed so that the subways are swept during service hours instead of at the end of the day. Garbage will be picked up each time trains hit their terminus stations at Finch and Kennedy in the off-peak hours.

It's too crowded to do it during the peak

There will also be a pilot on the south end of the Yonge-University line that will see roving cleaners tidying up and hopping out at each station to pick up litter in the next car.

The TTC also has signs ready to be installed at every station entrance, telling riders about service disruptions — so they know whether the trains are running before they pay their fare.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Chris Upfold, TTC chief customer-service officer, has led efforts to improve the TTC experience for riders.

Rally held for Canadian resident on Iran's death row

A small group of human-rights activists rallied outside the Iranian Embassy in Ottawa on Sunday to pressure the Iranian government not to execute Canadian resident Saeed Malekpour, who has been imprisoned since 2010.

The Richmond Hill web programmer went to Tehran in 2008 to visit his ailing father. Two years later, he was accused of uploading pornographic material to the Internet and was charged with "corrupting the Earth."

Following news reports last week that his case has been transferred to the court that handles executions, activists and Canadian government officials have been calling for Iran to not go through with Malekpour's death sentence.

Shahla Khan Salter, chair of Muslims for Progressive Values Ottawa, led the protest Monday and said the Iranian government might listen to Canada if it continues its campaign for Malekpour's release.

"It's very important that Prime Minister Harper and John Baird and everybody make a lot of noise about this so that Saeed can come home," said Salter.

JOE LOFARO IN OTTAWA/WITH FILES FROM TORSTAR NEWS SERVICE

JOE LOFARO/METRO

▶ Activists protest outside the Iranian embassy in Ottawa on Sunday.

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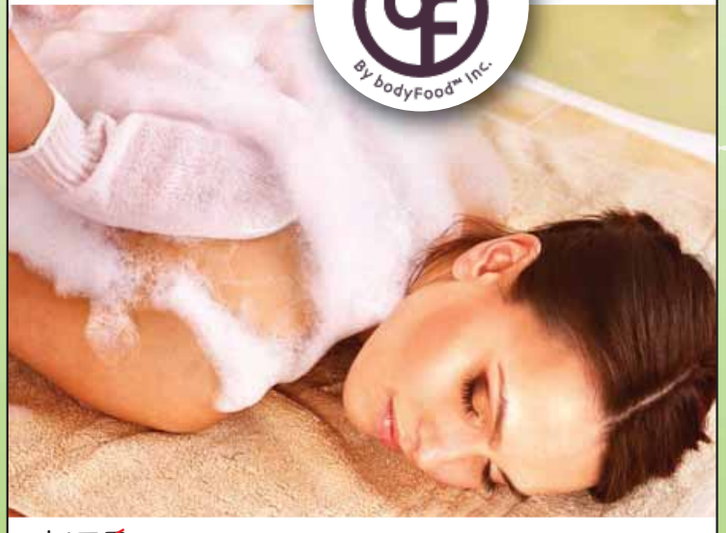

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SYRIAN REFERENDUM CALLED A

Activists give opposing view of vote

- U.S. and allies criticize regime's referendum
- Assad shows no sign of giving in to pressure

Videos posted online Sunday by activists — their primary means of communicating with the outside world — gave a very different view of the one presented by Syrian officials.

Some showed protests against the vote outside of Damascus and Aleppo. One video from the northern Idlib province showed hundreds of men chanting, "To hell with them and their constitution."

A lighter video from elsewhere in Idlib showed dozens of men filing through a fake polling station and dropping their ballots in a trash bin.

The videos could not be independently verified.

Other videos showed the continued violence, as security forces shelled dissident areas and clashed with armed rebels.

The central city of Homs saw some of the day's worst violence. One video showed men firing a rocket-propelled grenade at a tank. Another from the neighbourhood of Baba Amr, which has been subject to a weeks-long government siege, showed huge plumes of smoke. THE ASSOCIATED PRESS

The U.S. and its allies dismissed the Syrian regime's referendum on a new constitution Sunday as a "farce" meant to justify the bloody crackdown on dissent.

But voters in government strongholds suggested why some Syrians have not joined the uprising against President Bashar Assad: Loyalty, distrust of the opposition and fear his fall will ignite a civil war.

U.S. Secretary of State Hillary Rodham Clinton called the poll "a cynical ploy" and urged Syrians who still support Assad to turn against him. A "farce" and a "sham vote" was how German Foreign Minister Guido Westerwelle described it.

While casting his vote at the state broadcasting headquarters, Assad showed no signs of giving in on international demands to end his crackdown. And as he has done in the past, he tried to deflect blame in other directions. He said Syria was under a "media attack."

"The longer you support the regime's campaign of violence against your brothers and sisters, the more it will stain your honour."
U.S. SECRETARY OF STATE HILLARY RODHAM CLINTON

"They may be stronger on the airwaves but we are stronger on the ground, and we aspire to win both on the ground and on the airwaves," he said in footage broadcast on state TV.

The U.S. and its European and Arab allies met Friday at a major international conference on the Syrian crisis in Tunisia, trying to forge a unified strategy to push Assad from power. They began planning a civilian peacekeeping mission to deploy after the regime falls.

The new constitution allows — at least in theory — for the formation of competing political parties and limits the president to two seven-year terms. THE ASSOCIATED PRESS

COLOMBIA

FARC says no more kidnappings

Colombia's main rebel group said Sunday it is abandoning the practice of kidnapping and will soon free its last remaining "prisoners of war" — 10 security force members held for as long as 14 years.

The leftist Revolutionary Armed Forces of Colombia, or FARC, announced on its website that it would no longer kidnap civilians "for financial ends," unequivocally renouncing for the first time a tool it long used against Colombia's well-heeled as well as foreigners.

It is not clear whether an order has been given to release ransom-kidnapping victims currently held by the rebels, whose number is not known. The rebels are known to currently hold four foreigners... THE ASSOCIATED PRESS

Israel slams Abbas' remarks

MAJDI MOHAMMED/THE ASSOCIATED PRESS

▶ Palestinian President Mahmoud Abbas

Israeli Prime Minister Benjamin Netanyahu condemned Palestinian President Mahmoud Abbas for making an "inflammatory speech" about Jerusalem's most sensitive holy site on Sunday, saying his words undermine peace efforts.

Speaking during a visit to Qatar, Abbas charged that Israel was intending to destroy Jerusalem's Al-Aqsa Mosque, which sits atop the remains of the two biblical Jewish temples. It is the most sacred site in Judaism and the third holiest in Islam. The site is a very sensitive and emotional issue for Israelis and Palestinians.

"Abbas knows full well that there is no foundation to his contemptible remarks, including his baseless and irresponsible claims regarding the Al-Aqsa Mosque," Netanyahu said. "This is a harshly inflammatory speech from someone who claims that he is bent on peace."

"The time has come for the Palestinian leadership to stop denying the past and distorting reality," he said.

Netanyahu stressed in his comments that all faiths have freedom of worship in Jerusalem.

The shrine looms large in the rival narratives of Israelis and Palestinians, and any perceived attempt to change the delicate division of control there quickly sets off protests. Violence erupted there Friday after Muslim noon prayers when hundreds of worshippers protested rumoured plans by far right activists to enter. THE ASSOCIATED PRESS

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‘FARCE’ BY WEST

GETTY IMAGES

Syrian President Bashar al-Assad casts his ballot on the constitution that could end five decades of single-party domination as his wife Asma looks on at a polling station in Damascus.

Extent of support for Assad unclear

Eleven months after protesters inspired by successful Arab Spring revolts in Tunisia and Egypt first took the streets, the real extent of Syrian President Bashar al-Assad’s support is unclear. Syria has no reliable polling, and authorities have restricted media work.

Most Damascus voters are likely regime supporters or people scared of unrest. Actual opponents probably stayed home.

The two main opposition groups, the Syrian National Council and the National Coordination Body for Democratic Change in Syria, called for a boycott, and other groups declared a general strike that appears to have been observed in some places.

Fewer voters turned out in the Damascus neighbourhoods of Rukneddine and Barzeh, where anti-government protesters have recently demonstrated.

About 20 per cent of shops were closed in Barzeh, and one voter said he had come from another centre where there was “pressure not to vote intimidation and calls for public disobedience.” He did not give his name for fear of reprisal.

Still the referendum pointed to the difficulties of regime opponents — both internal and external — will face in trying to push him from power.

For the 41 years Assad’s family has ruled Syria, it has used shrewd politics, a nearly omnipresent intelligence service and brute force to maintain power. Many of Syria’s minorities — Christians, Druse and Alawites, which include Assad — count on the regime for protection on the understanding that they remain loyal. Many others have also benefited from regime ties.

THE ASSOCIATED PRESS

20%

About 20 per cent of shops were closed in Barzeh, and one voter said he had come from another centre where there was “pressure not to vote ... intimidation and calls for public disobedience.” He did not give his name for fear of reprisal.

Thousands protest Putin ahead of elections

About 3,500 people demonstrated against Vladimir Putin in Russia’s second-largest city a week before presidential elections in which he seeks to return to the Kremlin.

The protesters marched through St. Petersburg’s streets on Saturday chanting slogans against the prime minister, including “Putin is a thief,” before gathering at a square. Police presence was heavy, but no arrests were reported in the rally, which had official sanction.

The turnout was smaller than many of the demonstrations that broke out in Russia after fraud-tainted parliamentary elections in December. Several protests in Moscow have drawn 50,000 or more, the largest show of public anger in post-Soviet Russia.

Putin, who was Russian president in 2000-2008, is widely expected to win against four challengers in the March 4 election.

But the unprecedented wave of protest has undermined his carefully cultivated image of a man who rules with both steely control and the affection of his people. Although Russia has prospered under Putin, Russians became increasingly dismayed by the stifling political climate he engineered.

“I came here because I want fair elections ... We have monarchy and not democracy in our country, and we should be honest about that at least, and say that we have monarchy,” said one of the protesters, 40-year-old lawyer Irina Mitrophanova.

“I want our country, my children and grandchildren, to live better. I don’t want them to feel like slaves,” said another demonstrator, retiree Irina Stepanova.

The protest movement draws much of its support from Western-oriented liberals, and it is unclear whom among Putin’s challengers they would support. Billionaire and New Jersey Nets owner Mikhail Prokhorov is the most liberal, but some suspect his candidacy is essentially a Kremlin strategy to siphon off votes from other challengers.

MISHA JAPARIDZE/THE ASSOCIATED PRESS

▶ People stand along Garden Ring Avenue during an opposition protest in Moscow on Sunday.

Before Saturday’s rally, one of the protest movement’s most popular figures, anti-corruption activist Alexei Navalny, told reporters that the opposition’s position is “we must vote for any candidate but Putin.”

THE ASSOCIATED PRESS

Oil-spill trial begins

Billions of dollars are on the line when a U.S. federal trial opens today over the reams of litigation spawned by that nation’s worst offshore oil disaster, though those whose losses can’t be repaid are hoping for something more elusive: justice for lost loved ones. The trial could last the better part of a year.

THE ASSOCIATED PRESS

Dutch prince may not recover

Dutch Prince Johan Friso may never regain consciousness after being buried in an avalanche in the Austrian Alps, say doctors.

The second son of Queen Beatrix was buried under 40 centimetres of snow for about 20 minutes on Feb. 17 before rescuers dug him out.

It also took nearly 50 minutes to revive the prince, said Dr. Wolf Koller.

MRI scans have shown his brain suffered “massive damage” in the avalanche.

THE ASSOCIATED PRESS

ASSOCIATED PRESS FILE

▶ Netherland’s Prince Friso

One small step toward drillin' on the moon

- Many top mining companies headquartered in Canada
- Next space race gearing up as an extraterrestrial gold rush

Industry insiders will be watching closely this week as the heads of the world's five biggest space agencies get together in Quebec City, where the partners on the International Space Station will discuss more than just the future of the orbiting lab.

They will also address an idea gaining currency in business and scientific circles: that within human reach lies an unfathomable wealth of resources, some of them common on Earth and others so exotic that they could change the way we live.

Canada could figure prominently in any discussion about lunar exploration, with nearly one-quarter of the world's top mining companies headquartered here. Also, we're known for robotics like the famous Canadarm.

Several countries, including China, have expressed a desire to start mining the moon's resources. The mining industry is now waiting for the Canadian Space Agency (CSA) to make its intentions known, while the agency awaits direction from the federal government.

"When members of the international space community decide to go to the moon or Mars, the CSA and Canada will be ready to contribute," the agency told The Canadian Press in an email last week.

The CSA has already begun developing a number of prototype lunar rovers in co-operation with NASA and several Canadian firms.

The testing of these prototypes on Earth, with special drills for excavating, has already begun and more tests are planned this summer in Hawaii. The next phase would involve building space-bound rovers — but the CSA can't move forward without federal approval.

"They're not headed for the moon yet, although we have hopes for sure," said Iain Christie, the president of Neptec Design Group, maker of one of the excavation rovers.

"We're making, I think, a contribution to what Canada's future space program might look like."

THE CANADIAN PRESS

Moon mines

Drilling for lunar resources may not be that far off. Some predict it could start by the end of this decade.

- Since 2004, Neptec, NASA, the Canadian Space Agency and the Northern Centre for Advanced Technology have all been working on a drilling project called RESOLVE, which involves water ice on the Moon.

THE CANADIAN PRESS/HANDOUT/NEPTEC DESIGN GROUP

▶ This is an early prototype of a lunar rover being developed by Neptec Design Group of Ottawa. Canada could play a key role in a new international space race.

Robocalls highlight privacy concerns

They're naughty-or-nice lists so detailed they rival anything Santa could compile.

Except the voter-information data collected by political parties is just like St. Nick's — secret.

An investigation launched into misleading and harassing automatic phone calls made during the last federal election highlights the hijinks parties can get up to using the data they collect on voters.

Beyond making the complaint, the people who find themselves on the end of puzzling political phone calls have little recourse except to hang up the phone.

Political parties are exempt from the do-not-call-list regime and, unlike private businesses or government agencies who collect volumes of information on citizens, they aren't subject to privacy laws either. That means there are few restraints on how they can use the personal data they gather. It's a growing policy concern, privacy- and technology-law experts say.

"I think we're at a real influxion point in the sense of what we're prepared to put up with for political campaigns."
KATHLEEN GREENAWAY, PROFESSOR AT THE TED ROGERS SCHOOL OF INFORMATION TECHNOLOGY MANAGEMENT

THE CANADIAN PRESS

Fairness commissioner reappointed

▶ Jean Augustine

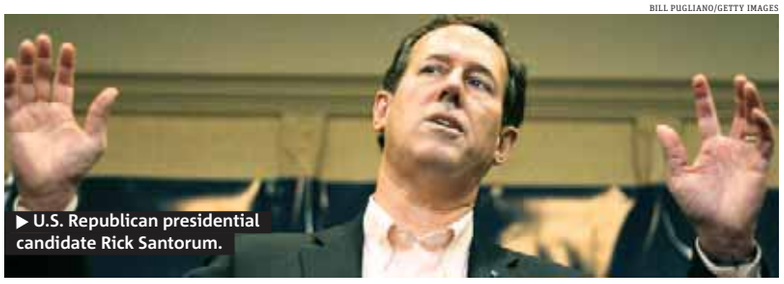
Premier Dalton McGuinty has quietly reappointed former Liberal MP Jean Augustine to a two-year term as Ontario's fairness commissioner.

Augustine, 74, has held the post since it was created in 2007 to advocate for foreign-trained professionals in Ontario. McGuinty and Northern Development and Mines Minister Rick Bartolucci signed the order-in-council authorizing her extension at a cabinet meeting on Jan. 25.

The one-time Etobicoke-Lakeshore MP, who vacated her seat in November 2005 for then-star Liberal candidate Michael Ignatieff, made history 19 years ago by becoming the first black woman elected to the House of Commons.

TORSTAR NEWS SERVICE

BILL PUGLIANO/GETTY IMAGES



▶ U.S. Republican presidential candidate Rick Santorum.

Santorum: Obama wrong to apologize

U.S. presidental hopeful says saying 'sorry' for Qur'an burning in Afghanistan shows weakness

U.S. Republican presidential hopeful Rick Santorum says President Barack Obama's apology for the burning of Qur'ans in Afghanistan was a mistake that demonstrates the president's "weakness."

Santorum says that rather than saying he was sorry, Obama should have only acknowledged it was wrong.

The former senator from Pennsylvania says to apologize for something that was not an intentional act "is something the president of the United States should not have done."

Obama has come under fierce criticism from Republicans for apologizing for the burning of Qur'ans at a military base in Afghanistan. Military officials say the incident was a mistake. It has sparked days of violent riots in Afghanistan.

THE ASSOCIATED PRESS

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B.C. man facing bestiality charges

Three of man's dogs seized, taken to new homes

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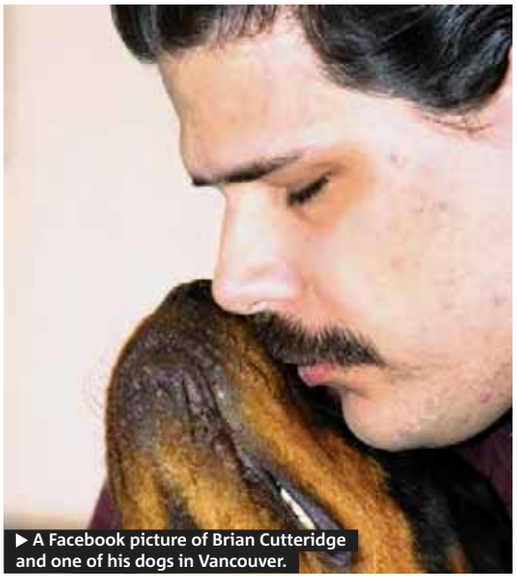

▶ A Facebook picture of Brian Cutteridge and one of his dogs in Vancouver.

PHYLICIA TORREVILLAS
@METRONEWS.CA
METRO CANADA IN VANCOUVER

A 38-year-old Vancouver man has been ordered to stand trial for bestiality.

Brian Anthony Cutteridge will be in B.C. Supreme Court on March 14 to set a trial date. The allegations against him have not been proved and he is presumed innocent.

Marcie Moriarty, head of the B.C. SPCA's cruelty-investigations department, said the association began investigating Cutteridge in 2010 after being tipped off that he was allegedly engaging in sexual activities with his dog.

There were reports Sunday that a veterinarian alerted the animal-welfare agency because of an infection one dog had, but Moriarty would not confirm or deny this information.

"This is the first time we've recommended charges of this nature (in the last seven years)," Moriarty said. "Unfortunately, the actual act is not as uncommon as we'd like to think, but uncovering evidence and having a case go before a court and having charges accepted is more rare."

The maximum penalty for bestiality in B.C. is 10 years in jail.

Zoophilia

- A man going by the name Brian Anthony Cutteridge has written a paper called For the Love of Dog: On the Legal Prohibition of Zoophilia in Canada and the United States, in which the author argues that the laws that condemn zoophilia — sexual activity between humans and animals — are "logically incoherent" and "inherently unjust."

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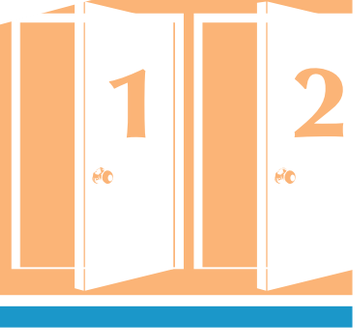

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PETER MACDIARMID/GETTY IMAGES

▶ The first edition of The Sun on Sunday newspaper for sale in Leatherhead, England.

Media mogul replaces News of the World

- Murdoch flew in for Sun's launch
- Phone-hacking inquiry ongoing

Rupert Murdoch's newest newspaper launched Sunday with a familiar mix of celebrity news, scantily clad women and defiant language.

The Sun's Sunday edition hit the stands two weeks after five employees of the tabloid were arrested in an inquiry into the alleged payment of bribes to police and defence officials.

The new Sunday tabloid replaces The News of the World, which closed in July after an advertising boycott led Murdoch to pull the 168-year-old paper. Britons were disgusted by revelations that the paper had routinely hacked into the phones of those in the public eye — including, most notoriously, a missing schoolgirl whose murder had shocked the country.

The scandal has spawned three parallel police investigations and a judge-led inquiry into media ethics, all of which are ongoing. Dozens have been arrested or been pushed to resign because of the scandal.

The Sun Sunday said in its editorial that the scandal had been "a sobering experience for our entire industry." The newspaper turns The Sun — Britain's biggest selling newspaper — into a seven-day operation.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 5.52 (12,725.77)	- 0.21¢ (100.03¢ US)

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LIA GRAINGER/FOR METRO

▶ Andreas Kyriakos, left, and Nasma Ahmed are excited about the launch of the City Youth Council of Toronto.

NEW COUNCIL GIVES CITY'S TEENS A VOICE

URBAN COMPASS

LIA GRAINGER
METRO TORONTO

Andreas Kyriakos and Nasma Ahmed are not looking for a pat on the head from politicians — they want their voices heard. Though they're only 15 and 16 respectively, both of these precocious high schoolers know that you're never too young to start participating in the democratic process. That's why they're volunteering for the brand new City Youth Council of Toronto (CYCTO), a volunteer organization that this fall will elect 44 city youth councillors to advocate for the 310,000 young people that call Toronto home.

"A lot of youth feel frustrated and disengaged," says Kyriakos over lattes at Dark Horse Espresso Bar on Spadina. He's a Grade 10 student at Ursula Franklin Academy near High Park, and says that often politicians fail to take young people seriously. "Youth are rallied at election time, there will be lots of excitement, and then once the election is over — silence." Ahmed, who is in Grade 11 at Wolborn Collegiate Institute in East Scarborough, agrees: "We feel disregarded, and there are a lot of decisions being made that really affect us." She references the recent TTC high drama, as well as the Drummond Report's potential effect on public education in Ontario. "These policies will shape our future."

"We feel disregarded ..."
ANDREAS KYRIAKOS

The CYCTO aims to give Toronto's youth a collective voice in municipal politics. Though there have been previous youth councils in Toronto, this one is unique in that it is completely independent from city hall. "Students can be as outspoken as they want," says Ahmed with a grin.

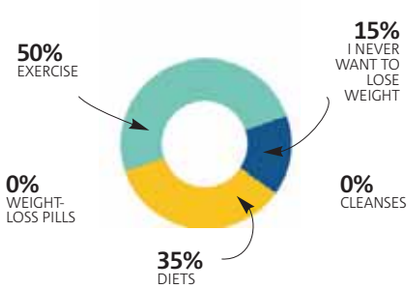
Elected youth council members will meet in the Toronto City Hall facilities, and will interact with city hall to advocate for real change. Though elections aren't until October, candidate registration launches on March 1, and any youth between the ages of 14 and 24 interested in running for the council are encouraged to visit Thecyc.ca.

The team organizing the election is hoping to have at least two candidates competing in each of the city's 44 wards, and is expecting to attract a minimum of 8,000 voters.

As the co-directors of communications and public affairs for the CYCTO, Kyriakos and Ahmed have already been inundated with emails from students interested in running. "I see the Arab Spring and youth fighting for democracy, and I hear people saying that young people here don't care," says Kyriakos. "But we do care. We just need the chance to be heard."

Register at metropolitanpanel.ca and take the quick poll

What method do you use to shed a few pounds?



Local tweets

- **@emacri:** My prayers go out to all the loved ones and passengers of the derailed Via Rail train in Burlington
- **@cplcuddles:** At Burlington train derailment: lots of residents saying they're not surprised due to speed trains travel through area.
- **@nohabsno:** So a TTC employee was shot at Dupont and the VIA in Burlington derailed today and 6 died. I'm driving to class tomorrow.
- **@TdotKelly:** I apparently live in the ghetto as there was a shooting at #DupontStation #ttc
- **@savvari:** I want to see Tina Fey host the #Oscars
- **@kabbyc:** This @wikileaks countdown has our full attention. Sorry Seacrest.

Daily Zoom

SATHYABHAMA DAS BIJU/WWW.FROGINDIA.ORG/AP PHOTO

New egg of ancient chikiladae

New amphibian family found

NEW DELHI. An intrepid team of biologists led by University of Delhi professor Sathyabhama Das Biju has identified an entirely new family of amphibians — called chikilidae — endemic to the region since before the age of dinosaurs but with ancient links to Africa. **THE ASSOCIATED PRESS**

2,600 Biju's team worked during monsoon season, when the digging is easier and chikilidae lay eggs in waterlogged soils. Researchers, along with locals they hired, spent about 2,600 hours digging for the elusive squigglers, usually found about 40-centimetres deep.

"It's like a rocket. If you miss it the first try, you'll never catch it again."
PROFESSOR BIJU DESCRIBES HOW CHIKILADAE GROW TO ABOUT 10 CENTIMETRES, AND CAN RAM THEIR HARD SKULLS THROUGH SOME OF THE REGION'S TOUGHER SOILS, SHOOTING OFF QUICKLY AT THE SLIGHTEST VIBRATION.

Prehistoric link

- The chikilidae is a caecilian, the most primitive of three amphibian groups that also include frogs and salamanders.
- Their discovery gives new evidence in the study of prehistoric species migration, as well as evolutionary paths influenced by continental shift.

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Academy heaps awards on Hugo

Scorsese film surprises with handful of wins Christopher Plummer wins his first Oscar at 82

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

While many had expected The Artist to sweep this year's Academy Awards, those hopes were dashed early on as another love letter to film history, Martin Scorsese's Hugo, brought in a number of trophies, including Oscars for visual effects, art direction and cinematography. It was an invigorating boost after a lacklustre start by host Billy Crystal.

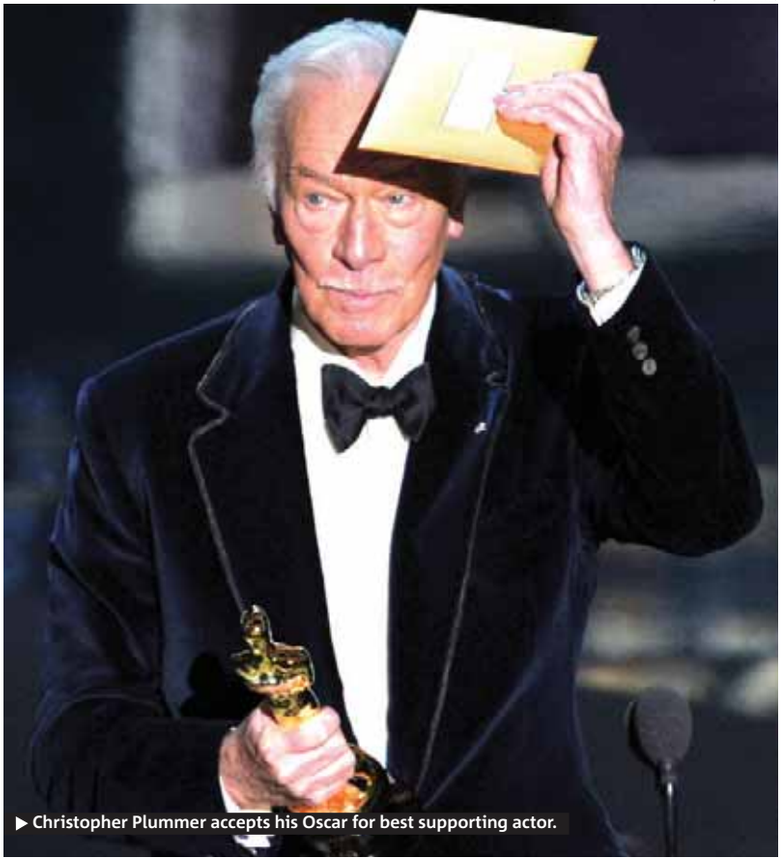
Crystal, a late substitute after Eddie Murphy dropped out, kicked things off with his traditional montage, digitally inserting himself into nominated films, with gags that featured him kissing George Clooney, revelling in bathroom humour with cast members from Bridesmaids and The Help and donning blackface to play Sammy Davis Jr. opposite Justin Bieber. He followed that up with a song-and-dance number summarizing the best-picture nominees that felt in many ways as out of touch with contemporary audiences as last year's show hosted by James Franco and Anne Hathaway felt like a desperate attempt to woo younger viewers.

Crystal did get a few good laughs in, as when he referred to the auditorium as the beautiful "Chapter 11 Theater," making light of Kodak's financial troubles and a bankruptcy-court judge's decision to let them out of their naming-rights contract for the venue. But he was routinely showed up by presenters for the bulk of the ceremony, with Robert Downey Jr., Chris Rock and Tina Fey faring much better on the Oscar stage.

Some odds-on favourites to win took to the stage, including Iran's A Separation for best foreign language film, Octavia Spencer for best supporting actress for her role in The Help and Christopher Plummer for best supporting actor in Beginners.

But the early evening offered surprises, including a best-editing win for Girl with the Dragon Tattoo, and Hugo — the most nominated film of the night — bringing in multiple trophies.

KEVIN WINTER/GETTY IMAGES



▶ Christopher Plummer accepts his Oscar for best supporting actor.

oldest Oscar winner

At the age of 82, stage and screen legend Christopher Plummer finally has an Academy Award.

Plummer won the best-supporting-actor prize on Sunday for his turn as a widower who embraces his homosexuality in Beginners.

The prize makes the actor the oldest Oscar winner, a distinction previously held by Jessica Tandy for 1989's Driving Miss Daisy.

The Toronto-born Plummer has already won a Golden Globe, a Screen Actors Guild Award, a British Academy Film Award and a Spirit Award for Beginners.

His only other Oscar nomination came two years ago for the Tolstoy tale The Last Station.

THE CANADIAN PRESS

KEVIN WINTER/GETTY IMAGES

▶ Octavia Spencer accepts the Oscar for best supporting actress.

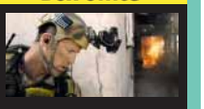
One plum weekend for Christopher

It was an award-filled weekend for Christopher Plummer. Not only did the Canadian actor win the Academy Award for best supporting actor for his role in Beginners, ACTRA Toronto on Saturday named him best actor for his rakish turn in Barrymore, a film version of the stage production that earned the veteran thespian a Tony some 15 years ago. ACTRA Toronto is the regional arm of Canada's performers' union, also known as the Alliance of Canadian Cinema, Television and Radio Artists.

THE CANADIAN PRESS

2 scene

Box office



On Oscar weekend, the real-life action stars of Act of Valor bested Hollywood's pretend heroes. The action flick, starring real, active-duty U.S. Navy SEALs, topped the weekend box office, earning $24.7 million, according to studio estimates Sunday. Lionsgate's Tyler Perry's Good Deeds, a more dramatic offering for the consistently popular Perry, opened with a healthy $16 million. Its audience was resoundingly female (76 per cent) and may have been slightly diminished by the appeal of Denzel Washington in the thriller Safe House. That earned $11.4 million, bringing its cumulative total to $98.1 million. The weekend's other new releases — the thriller Gone and the comedy Wanderlust — had weaker debuts. Wanderlust took $6.6 million. Gone took in $5 million.

THE ASSOCIATED PRESS

For more Oscar coverage, and a complete list of winners, scan this code or visit metronews.ca/oscars

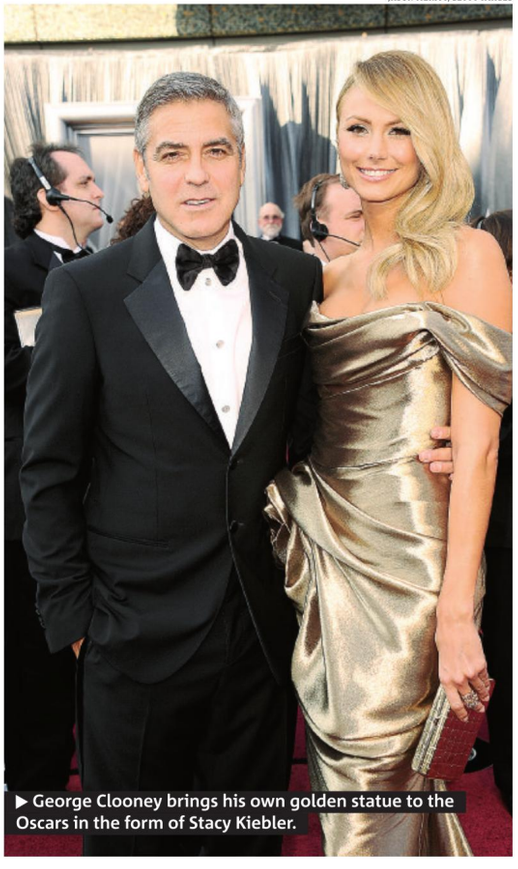
Red carpet Stars

It takes a lot of glamour to stand out on the red carpet at the Oscars Or dressing like a dictator...

MICHAEL BUCKNER/GETTY IMAGES

▶ Sacha Baron Cohen arrives on the red carpet his character General Aladeen.

JASON MERITT/GETTY IMAGES



▶ George Clooney brings his own golden statue to the Oscars in the form of Stacy Kiebler.

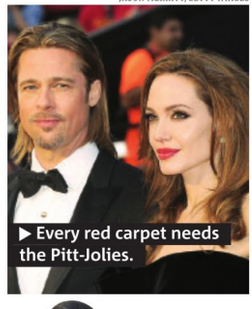
KEVORK DJANSEZIAN/GETTY IMAGES

▶ Michelle Williams looks whimsical in Louis Vuitton.

MICHAEL BUCKNER/GETTY IMAGES

▶ Kristen Wiig moves from Saturday Night Live to Oscar red carpet with ease.

JASON MERRITT/GETTY IMAGES



▶ Every red carpet needs the Pitt-Jolies.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ After dressing as a man for Albert Nobbs, Glenn Close channels her feminine side.

▶ Octavia Spencer stuns in Tadashi Shoji

Oscar tweets

@magicandrew:
Oscars + @justinbieber = I think a server just melted somewhere inside of Twitter.

@AngryBlackLady:
Clooney and Crystal kissed. Santorum just had an aneurysm.

@mariosundar:
I love you @BillyCrystal but your song-and-dance monologue seemed so archaic. Even Clooney seemed thoroughly confused!

@RajeevMasand:
Sandra Bullock announces Best Foreign Lang Film nominee — will be so happy to see Iran's A Separation win. So deserving.

Up and down

Metro Canada offers up its take on the best and the worst of this year's Oscar broadcast

Billy Crystal

The nine-time Oscar host did what he did best, spoofing the best picture nominees, with a little help from George Clooney, Justin Bieber and Tom Cruise. It was like an old, slightly campy, great uncle stopping in for a visit and pulling a quarter from behind your ear.

Funny focus group

The Wizard of Oz focus group, featuring some of the cast of Best In Show and Waiting for Guffman, proved the Oscars can be funny, with their analysis of the classic film: more flying monkeys, less Dorothy.

Meryl Streep

We love Meryl, but after 17 nominations you think she would know what to wear to the Oscars. Her dress looked like it was rescued from the Carol Burnett Show. It's 'curtains' for her stylist.

Sacha Baron Cohen

Dressed as the alter-ego from his new film, The Dictator, Baron Cohen lived up to his unpredictability by bringing the supposed ashes of Kim Jung-il as his red carpet date. Spilling the ashes on E! host Ryan Secrest, he sunk to a new self-promoting low. Ashes to ashes, dust to dust, without press, Baron Cohen's career will rust. METRO

An old fable for a new world

Dr. Seuss wrote the Lorax in 1971, but the story has even more relevance in today's world

ANNE BRODIE
SCENE@METRONEWS.CA

Hollywood collaborators Cinco Paul and Ken Daurio's Horton Hears a Who! (2008) earned $300 million, Despicable Me (2010) a cool $600M and Hop (2011) $190M and an army of multi-generational fans.

Their latest project, a take on Dr. Seuss' The Lorax, is a pointed fable about our increasing industrialisation and the threat it poses to nature. It's about a boy searching for something he's never seen before — a tree.

The Lorax isn't intended to be a message movie but there is strong realism. Some kids grow up never participating in nature.
Ken Daurio: We didn't feel like The Lorax has a political message but a message that we have joined the Earth and must take care of it. It's a beautiful place we live in but we mess it up. We are addicted to videos and plastic things.

Dr. Seuss was prescient.
Cinco Paul: His vision into the future was so ahead of the curve. The message of The Lorax was written in 1971 and that was way before the environmental movement took hold. Things have only gotten worse since then and the movie is a celebration of nature over the artificial things we sometimes value. This is the film we got the most emotionally involved in.

The Lorax is my favourite Dr. Seuss book so this is very much a labour of love. I have three kids and Ken has three kids and we think about a way to bring this message and work with Dr. Seuss. I remember being haunted by the word written on the stones: UNLESS.

HANDOUT

▶ Danny DeVito is the voice of the Lorax.

I hear Seuss' widow Audrey Geisel took a shine to you.
CP: It's nice knowing we did Horton Hears a Who! and that she was happy enough and trusted us enough to hand us The Lorax. We had a special relationship and we honour it and Dr. Seuss' message.

We respect the books and don't want to change them. We didn't want to shy away from the dark parts of the book and its potentially scary vision of our future and wanted to make sure that came through but not wanting to feel like they are taking medicine.

For the little kids you add some slapstick besides adding things that are true to the character.

The voice cast is key. How did you pick the actors?
KD: Early on we were trying to come up with a voice for The Lorax like Walter Matthau. Obviously we can't get him so we started looking into actors and Danny DeVito's name came up. Once we saw that angle, we couldn't think of any other voice that declared itself. We can't think of anyone else in that little body. That happens time and time again. Ed Helms originally came to us. He loves the book and wanted to be any part of it. Initially he had a smaller role and we thought "Why not Ed for Once-ler? Ed would be perfect!" And he so elevated everything.

CP: And Grammy Norma if you don't want Betty White then.... There is no other voice for a cute little old lady. And Zac and Taylor were adorable. But it's funny how many young kids are excited to see Betty White.

We say "Oh and Zac Efron's in it." "Oh." "And Taylor Swift." "Oh." "And Betty White." "Betty White's in this movie? Crazy!"!! She is so sweet and so sharp and so awesome.

'I've got six kids ... It was a lot of O.P.P.-ing!'

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

You can't hear a party song without some "hey" and "ho" going on in the background. And you wouldn't have ever heard that if it weren't for Naughty by Nature.

The New Jersey crew have been churning out party anthems for more than 20 years, so it makes sense that they would call their latest album, Anthem Inc.

In addition to new cuts, the album, which came out in the fall, also includes re-recorded versions of hits like Hip Hop Hooray and O.P.P.

MCs Treach and Vin Rock spoke to Metro about their work in the industry and their recent appearance on Yo! MTV Raps Classic Cuts.

What are some of the things you talked about on the show?
Treach: Backstage, behind-the-scenes things you've never heard. You never knew how naughty.
Vin: We talk about O.P.P. on there and how much O.P.P. we've scooped up over the years.

O.P.P. is the ultimate looking-for-action song. When it blew up, did you really live like that?
Treach: Hey, I've got six kids, homey. It was a lot of O.P.P.-ing!
Vin: And the thing was back then, a lot of the girls used to chase us after the concerts. And we'd hear them, "Yo, where you at? We all know you're down with O.P.P.!"

Let's talk about the cultural significance of that song, like when Axl Rose wore an O.P.P. hat.
Vin: Yeah, in the November Rain video! I remember that too, and I always bring that up. That was one of my favourite O.P.P. moments.

What's another one?
Treach: Probably when Ed Lover and Todd 1 did Down with MTV. ... We met the great Michael Jackson before he passed, and had a chance to do a video with him and everything, and he said he loved the song. So for us, that was the biggest props that we could get on O.P.P. (which sampled the Jackson 5 song, ABC.)

And then there's a much more recent variation of the song.
Vin: Yeah, we've got a guy in New York named Josh Hyman. He took our song and flipped it, so it's Down with J.P.P., who is a defensive player for the New York Giants, who just won the Super Bowl. So the Giants embraced the song, and every time Jason Pierre-Paul makes great plays, they play the O.P.P instrumental. And they invited us to come out and perform for the Super Bowl party.

Yeah, that whole thing is a little bit of a sore spot for me, because I'm from Boston.
Both: Awwwwww.

Yeah, but it was nice to hear that each time he made a great play, which unfortunately, was often.
Vin: That's all right. We're still brothers in the New England area.
Treach: And just know that we were in the studio the other night doing a little project with Donnie from New Kids on the Block, so we've still got love for the Bean.

Are you guys family men now, or are you still down with O.P.P.?
Treach: Family men. Ever since day one.

So wait, you weren't always down with O.P.P.?
Treach: There's been little hiatuses (laughs).

GETTY IMAGES

▶ Naughty by Nature's Treach, left, and Vin Rock.

Adam Sandler earns 11 Razzie nominations

Actor earns the dubious honour of rocking this year's worst movies

ALL PHOTOS GETTY IMAGES

▶ Adam Sandler and Katie Holmes at the premiere of the Razzie-nominated Jack and Jill last November in California.

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

While the world continues their celebration of the Oscars and the best and brightest in Hollywood, let's take a moment to look at the worst.

Specifically, poor, poor Adam Sandler, who is saddled with the sad honour of earning 11 Razzie nominations for his various work as an actor, a writer and a producer on three movies for 2011: Jack and Jill, Bucky Larson: Born to Be a Star and Just Go With It.

Sandler received two worst actor nominations, one for Just Go With It and another for Jack and Jill. Oh, and he also received a worst actress nod for Jack and Jill — if anything, at least he's breaking gender barriers.

Luckily, he's not alone: his Jack and Jill co-stars, Katie Holmes and Al Pacino, each received a worst supporting actress and worst supporting actor nomination for their work in that film, respectively. (Way to bring down Pacino, Sandler.)

It's time for Sandler to pick up a copy of the 1998 edition of Stop with the Fart Jokes: Transform Your Career and Become an Oscar Winner in No Time by Tom Hanks. Soon, he'll be starring in Punch Drunk Love II: Still Drankin', where he and Emily Watson end up adopting a middle-aged deaf, mute, and blind train hobo who teaches them the true meaning of life.

Bad news bears:

Worst film nominees:

- Jack and Jill
- Bucky Larson: Born to Be a Star (Sandler also co-wrote)
- New Year's Eve
- Transformers: Dark of the Moon
- The Twilight Saga: Breaking Dawn, Part 1

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His lips aren't Sealed

▶ Seal

Seal is standing by his decision to speak publicly about his impending divorce from Heidi Klum.

"When you publicize your marriage as much as our marriage was publicized, when you renew wedding vows, when you do all those things ... you're giving people a picture of an ideal relationship that people aspire to," he says during an Australian radio interview.

"When it goes south, you can't all of a sudden take the philosophy of a monk and decide to go for a vow of silence. It doesn't really work like that. I respect my wife's decision not to talk about that, but I felt that people at least deserved some kind of explanation why the picture of the ideal wasn't what they thought it was." METRO

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Celebrity tweets

@AlbertBrooks
Just bought a used gas centrifuge on Ebay. If neighbor does not quiet dog I will build nuclear weapon. #fairwarning

@SarahKSilverman
I just said "granola" too many times & now I have no idea what it means or how I ever knew it

▶ Women may want to find out their baby's gender for both practical and psychological reasons.

Did you find out the sex?

It's a boy! It's a girl! It's a... surprise! Where some people stand on learning the truth early

Six months into her pregnancy, the fashionable Julia Restoin-Roitfeld does not know the sex of her baby — and she has no intention of finding out. Her mom, former Vogue Paris editor Carine Roitfeld, is mighty impressed: "[Julia] doesn't want to know. I'm very proud of her, because me, I would not be able to do that. But you know, in a way, today you can know everything about anything, and to refuse to know I think is quite chic."

So apparently not finding out the sex of your baby is "chic." Who knew?

Carine also has no intention of baking cookies or knitting booties any time soon. "I don't think it's my thing," she said with a laugh. Gotta love her for telling it like it is!

But back to the gender discussion. My friends are pretty split down the middle when it comes to finding out the sex of their baby. I personally was tempted to find out with both my kids but never did because I figured there are so few surprises left these days. But I know countless women who were dying to know if they were having a boy or a girl ASAP — both for practical reasons and for psychological ones, too.

One friend, for example, always planned to have two children. So after she gave birth to a boy and got pregnant with her second, she decided to find out the baby's gender during a 20-week ultrasound. "If it was a boy, I wanted to know," she tells me, "so that I wouldn't be disappointed."

Clearly, this is a woman who always wanted a little girl, though she was and still is beyond grateful for her two wonderful boys. "I just wanted to prepare myself, emotionally. I knew that this would be it and so if I was never going to have a daughter, I would rather find out in advance than right there on the table. It gave me time to come to terms with it all."

I've also noticed that many couples are divided on whether or not to find out the sex of their baby.

One pregnant woman I know, already mom to two boys, was so curious that she found out behind her husband's back — then feigned surprise when it was a girl (ha!).

Then there are those women who find out by accident because their doctor uses "he" or "she" to describe the baby in a way that's just way too obvious.

Sounds crazy, I know, but this has happened to many friends. And, let me say, they were less than pleased.

SHAWNA COHEN, MOMMYISH.COM

Working-mom bias

The work-family balance debate grabs the spotlight

Working mothers are getting some serious press. The New York Times has been debating maternity leave rights for working women.

National Public Radio in the States is looking into the wage gap between working mothers and their childless peers.

And now Forbes magazine has jumped into the conversation with a series of pieces on the unconscious bias that employers and bosses hold against moms.

Obviously, business media is ready to have a conversation about what it means to be a working mother and how corporations need to support those who choose to have a family and continue to be a productive member of the workforce.

Bring it on! Let's discuss these important issues.

The big problem is that every working mother is judged to behave in the same manner the minute after she gives birth.

Some women are also judged just in case they might want kids in the future, even if they aren't mothers now.

Instead of dealing with individual cases, companies and managers made general assumptions based on a very diverse group of people.

THINKSTOCK

▶ Issues facing working mothers are finally getting some attention.

The debate will help. Maybe now, we'll be able to give women who are considering motherhood a more realistic picture of the challenges that they're going to face.

Then every woman can decide for herself where her priorities are and what she's willing to sacrifice.

LINDSAY CROSS, MOMMYISH.COM

3 life

Mogul mom

Former model Kathy Ireland, a mother and author of three children's books, has been named by Forbes as the wealthiest supermodel on the planet.

Forbes recognized the iconic model, 48, for raking in the most cash through her brands, beating out domestic diva Martha Stewart. According to the magazine, Ireland sold "an astounding $2 billion worth of licensed products at retail, making her a bigger licensor than the formidable Martha Stewart."

Her Kathy Ireland Worldwide brands include a clothing line, home furnishings, socks, wigs, self-help books and workout videos.

THE ASSOCIATED PRESS

Motherhood and curling: A juggling act at the Canadian women's championship.

Pull out all sandwich stops

Pulled chicken sliders are a great way to infuse a ton of flavour into a small package Instead of buns, they can also be served on flour tortillas

MATTHEW MEAD/ THE ASSOCIATED PRESS

Mango Marmalade Chicken Slider

This recipe makes 12 sliders.

When it comes to making pulled chicken, it's hard to beat the two-ingredient simplicity of simmering chicken breasts in a bottle of barbecue sauce.

But if you want try something a little bigger, a little bolder and a lot more interesting, make a sweet-and-savoury pulled chicken.

Preparation:

1. In saucepan over medium-high, combine the chicken, broth, jelly, marmalade, vinegar, cumin, paprika, garlic powder, salt and pepper. Bring to simmer, then cook, uncovered, 45 mins. Transfer chicken to cutting board. Continue cooking sauce for 10 mins. or until reduced and thickened.
2. Meanwhile, use 2 sets of to pull apart and shred chicken breasts. Once liquid has reduced, return chicken to saucepan and mix with sauce. Simmer until heated through, then remove pan from heat. Stir in sour cream.
3. In a bowl, mix coleslaw mix, mayonnaise and hot sauce to taste.
4. Serve the pulled chicken on buns topped with coleslaw. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients:

- 1.15 kg (2 1/2 lb) boneless, skinless chicken breasts
- 1 L (4 cups) chicken broth
- 1 jar (396 g/14 oz) mango-pepper jelly
- 125 ml (1/2 cup) orange marmalade
- 50 ml (1/4 cup) cider vinegar
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) sweet or smoked paprika
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 250 ml (1 cup) sour cream
- 1 bag shredded cabbage coleslaw mix
- 150 ml (2/3 cup) light mayonnaise
- Hot sauce
- 12 dinner rolls or other small buns, split

Rose Reisman's Choose It And Lose It

For entertaining at home, stores that offer ready-made appetizers are a popular choice. When choosing the eats, make sure you're watching the cooking method.

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If you prefer the taste of pulled pork, switch it up by cooking it in sesame oil Serve it on buns or over rice

These sandwiches have a hint of sesame that enhances the pork flavour, almost giving you a hint of sweet and sour.

Serve this up for a hot lunch after a morning out playing in the cold with friends.

The pulled pork would also be delicious served over steamed rice.

Preparation:

1. In saucepan, whisk beer, tomato paste, brown sugar, vinegar, 30 ml (2 tbsp) of the sesame oil, soy sauce, garlic and mustard powder. Add star anise and pork. Bring to simmer over medium-high, then cover and cook for 45 minutes or until very tender.
2. Discard star anise, then use 2 forks to pull apart the pork into bite-size pieces. Stir in the remaining 15 ml (1 tbsp) of sesame oil and the hot sauce. Season with salt and pepper to taste.
3. Divide pork between the buns, sprinkling each with sesame seeds and scallions.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CHEF. VISIT EMILYRICHARDSCOOKS.CA)

Ingredients:

- 1 bottle (330 mL) beer
- 1 can (5 oz) tomato paste
- 60 ml (1/4 cup) packed brown sugar
- 125 ml (1/2 cup) rice vinegar
- 45 ml (3 tbsp) sesame oil
- 15 ml (1 tbsp) reduced sodium soy sauce
- 7 ml (1 1/2 tsp) each garlic powder & mustard powder
- 1 whole star anise
- 3 pork tenderloins (about 3 lbs/1.5 kg), cut into 5-cm (2-inch) chunks
- 10 ml (2 tsp) hot sauce
- Salt and ground pepper
- 8 large rolls or buns
- Sesame seeds and green onions

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Green from the ground up

Students attempt to build a complete green house from scratch ◆ Trying to achieve Canada's greenest home

BEN KNIGHT
LIFE@METRONEWS.CA

Many Canadians undertake renovation projects to make their houses greener and cleaner. But what would be possible if you built an entire eco-friendly home — from scratch?

Twenty students from the Endeavour Centre in Peterborough, Ontario, will find out this summer, when they set out to build Canada's greenest home.

"We're a not-for-profit sustainable building school," says executive director Chris Magwood.

"We're aiming for this to be a net-energy-zero home. It will create as much energy as it consumes over the course of a year. The homeowner will actually earn money on the power."

0

The annual net energy use possible in a properly constructed, eco-friendly house — with a solar-panel electrical system connected directly to the local power grid.

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HEART & STROKE FOUNDATION

Solar panels on the roof are just the beginning.

The 2,000-square-foot house will be build entirely from locally sourced materials.

It will also be built on an existing lot, so as not to add to urban sprawl.

"Basically, the way people talk about the hundred-mile diet, we really approach home-building that way, too," Magwood explains. "To the greatest extent possible, all the materials and people who prepare them will come from the immediate region."

Local sawmills will produce all the lumber.

And materials won't be treated with toxins or other questionable chemicals.

The house will also be built to process rainwater, and recycle household grey water.

"The quality of the water, the air, the light in the home is really important to us."

When completed, the house will immediately go on the market.

ISTOCK PHOTOS

▶ Students are trying to show that you can build a truly green home from scratch.

Construction costs will be a little higher than a regular two-storey home, but future savings in energy and water costs will offer real savings to the eventual owner.

Magwood is confident houses like this will become a lot more common in the not-to-distant future.

"I first started doing this 15 years ago, when these kinds of ideas were so far out on the fringe that it was hard to even have a conversation with normal people or with builders about it," he says.

"And now, the whole industry feels like it's racing to catch up in that direction."

The students who build the house will come from all kinds of backgrounds.

Space in the program is still available.

"Things are always doable if you throw enough time and money at them," Magwood concludes.

"But you want to make sure it's also repeatable, affordable and available."

For more information, visit endeavourcentre.org.

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Scaling the heights of success

Paul Griffith is teaching others to go above and beyond for the less fortunate with his business Over the Edge

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

For the past eight years, Paul Griffith has been pushing people out of their comfort zone and Over the Edge. And he couldn't be happier.

Griffith and his highly skilled team run events where people rappel down tall buildings and raise money for charity.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."
PAUL GRIFFITH

His Halifax-based business has become so popular they've expanded to the U.S., and have now set a goal to raise 50 million dollars for non-profit organizations in the next 10 years.

▶ Paul Griffith, President and CEO of Over the Edge.

"It makes it so much easier to go to work every day knowing you're making a difference. We're here to serve and do good things for others."

Growing up in P.E.I., Griffith was 10 when he asked his parents for new goalie pads. They told him they would only pay for half so Paul went to a local farm, purchased strawberries for 25 cents a box, loaded up his wagon and sold them to the neighbourhood for one dollar.

"After a week I had enough money for my goalie pads and I officially retired from my first business" he says with a laugh.

In the coming months, Griffith and his team will be travelling across Canada to stage at least 10 Over the Edge events, including one in Toronto in May. They are challenging people to rappel down City Hall in aid of the Make-A-Wish Foundation.

"We've asked the corporate world to step outside of their comfort zone and go over the edge. When you look at the barriers people face through sickness or disease it's an easy thing to do."

On reaching for the top

- Find something you're passionate about. Passion drives ingenuity, energy and that leads to success.
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- Have an exit strategy and envision what the business will look like when you wind it down or sell it.
- Don't worry too much about money. Create the opportunity and the money will follow if it's a good idea.
- For more info, visit overtheedgeusa.com.

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THE BUSINESS OF BETTER

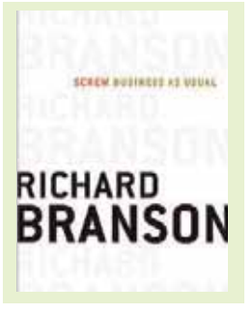
BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

Screw Business As Usual By Richard Branson, Virgin Books, $26.95, 357 pages

With a title like Screw Business As Usual coming from the likes of Sir Richard Branson, emperor of the Virgin Group, you come to expect that, though off the cuff, there is likely some sound advice on the way.

Branson's key message is clear: "doing good is good for business." Eschewing old school capitalism, Branson outlines his vision of what modern capitalism should look like. He calls it Capitalism 24902, a model that looks beyond profits,



but looks at how businesses should shape themselves to benefit the globe.

"Its not OK that nearly half the world's population lives on less than $2 a day" says Branson.

In Branson's opinion, change needs to come from the ordinary person. "I'm talking about the power of the ordinary everyday person to become entrepreneurs and change makers." He alludes to the shift in communications access and transparency, in a day and age where anyone can share their opinion publicly and be heard.

One of the most touching examples Branson gives (and I'll admit that as a South African, I'm biased) takes place in South Africa. In his book he talks about Virgin Unite, the Charity arm to the Virgin Group, and how they established the Branson Centre for Entrepreneurship in Johannesburg, a project Branson reflects as being "one of the most satisfying projects he's ever been involved in".

I don't use the 'L word' too often, but I have to in this case. Branson's energy and passion is dripping from this book.

His stories are told candidly with humour. I loved every word, and feel inspired to take on his call for change.

Grab this book and screw business as usual.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

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Hitting the books can help you become an expert in your field, expedite that promotion or open the door to new endeavors. For those with the itch to learn we've got some pointers to start you out right.

Consider the up-front money

"Always remember that continued education is an investment," explains Steve Herzog, assistant dean at The American College in Bryn Mawr. "Carefully consider the amount of money you'll spend and the likelihood you can reap the financial rewards in a reasonable amount of time."

But before running the numbers, check in with the boss. If your company is able to provide tuition reimbursement, nothing's stopping you from moving forward.

Make sure the program is accredited

For many employers, an accredited school can make all the difference.

"Some employers simply don't recognize degrees from non-accredited schools, and credits from non-accredited courses are often non-transferable to other institutions," says Cheri Varnadoe, director of corporate relations at MBA@UNC, an online program from UNC Kenan-Flagler Business School.

Know your style

If you're employed full-time, online courses may help with time management.

"Online options can keep you productive at work while also giving you the education you need," says Dr. Sally Mounts, president of Auctus Consulting Group. That said, it's important to consider how you learn. Herzog recommends asking yourself: Do you do well in classroom settings, or does reading and listening to pre-recorded lectures best suit you?"

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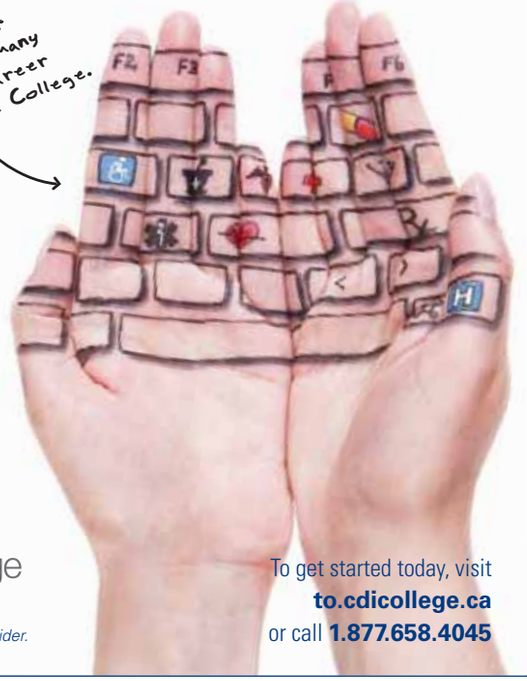
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Price's coach sticks up for Reimer

The fraternity of goalies can be tightly knit. Even goalies who don't know each other can feel for each other in times of trouble.

So it was Saturday night when Eli Wilson — famous for being Carey Price's goalie coach — listened as Maple Leafs coach Ron Wilson essentially threw James Reimer under the bus, blaming him for the team's 4-2 loss to the Washington Capitals.

"What Ron Wilson did was completely unfair," said Eli Wilson (no relation). "Not only as a goaltender, but as a person, as a teammate. The guy you have to lean on and be close to and depend on every night is your goalie. If you can't do that, you're in trouble. To single him out like that was unfair."

The Leafs coach has routinely blamed either Reimer or Jonas Gustavsson for the losses that have contributed to a 1-7-1 slide that has seen the Leafs drop out of a playoff spot.

Former NHL goalie Jamie McLennan, now a hockey analyst for TSN, says Wilson is fair "to a point" in blaming the goalies.

"He is being honest. I don't have an issue with it," said McLennan. "But he also has to take a look at what's happening in front of (the goalies).

"They (the goalies) have to shoulder the blame. They have to accept responsibility for the goals they're allowing. The goaltenders are giving up goals they shouldn't be giving up.

"There's enough blame to be shouldered around the room."

TORSTAR NEWS SERVICE

"The goalies are smart. They have a keen sense for when they're doing the job or not. Whether the coach throws them under the bus or not, they still feel the same shame."

LEAFS FORMER GOALIE COACH STEVE MCKICHAN

With the Leafs sinking in the standings, Brian Burke is under the gun to shake up his club ahead of Monday's trade deadline

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Leafs general manager Brian Burke watches practice earlier this month in Vancouver.

Season hanging in the balance

THE HOCKEY NEWS

ADAM PROTEAU
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It's NHL trade deadline time — and most Toronto Maple Leafs fans, having witnessed the team's extended February slump, are expecting some sort of roster of alteration before Monday's 3 p.m. deadline.

Almost certainly, the Leafs will look different when they host the Florida Panthers (a team they're trying to catch in the eighth playoff spot in the Eastern Conference) Tuesday night. Let's break down the trade possibilities at all three positions and pick out some names that might be involved for Toronto in any possible transaction:

GOAL: Leafs GM Brian Burke gambled on going with the unproven tandem of James Reimer and Jonas Gustavsson, and the longer the season goes on, the more it appears the house is going to win that bet. Reimer and Gustavsson have been unable to take hold of the No. 1 job with any kind of authority, leaving management to search for help. They're unlikely to find an elite young prospect at this point, making it more likely Burke would go the veteran-who's-about-to-be-an-unrestricted free agent route. Oh, and if Toronto deals one of their current netminders, I'd think it's more probable Gustavsson is the one sent packing.

Possible Trade Targets: Dwayne Roloson (Tampa Bay), Josh Harding (Minnesota), Nikolai Khabibulin (Edmonton), Evgeni Nabokov (Islanders)

DEFENCE: Toronto's greatest strength is its deep blue-line, meaning the Leafs won't be hunting for defensive help. However, if they do make any moves, there's little doubt one or two rearguards will be dealt to improve their depth elsewhere. Luke Schenn is a leading candidate to be moved, but don't be surprised if a Marlies blue-liner such as Korbinian Holzer is included in a trade package.

Possible Trade Targets: None.

FORWARD: Acquiring an elite-level forward has been Burke's publicly-stated goal since he arrived in Toronto in November of 2008. In Blue Jackets star winger Rick Nash, Burke finally has a good shot at landing that kind of player, although the price — most likely, a top prospect, current above-average Leafs player and first-round draft pick — would rob the organization of the depth it has built. If he can't land Nash, Burke still will look for offensive help, along with someone who'll make Toronto tougher (such as Stars super-pest Steve Ott) and bigger.

Possible Trade Targets: Rick Nash (Columbus), Dustin Brown (L.A.), Steve Ott (Dallas), Paul Stastny (Colorado), Mike Ribeiro (Dallas)

Deadline deal that worked out

Tomas Kaberle to Boston for Joe Colborne, a 2011 first-round pick and 2012 second-round pick.

▶ Kaberle was a serious defensive liability, but Burke dealt him for a top-tier prospect (Colborne) and draft pick depth for the future. A steal by any hockey watcher's standards.

4 sports

Quoted

"We think this man is ready to play in the NHL at some point here, whether he plays right away or not we'll determine that as we go forward."

SENATORS GENERAL MANAGER BRYAN MURRAY AFTER ACQUIRING GOALTENDER BEN BISHOP SUNDAY FROM THE ST. LOUIS BLUES IN EXCHANGE FOR A SECOND-ROUND PICK IN THE 2013 DRAFT.

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Sports in pictures

PHOTOS
1. JONATHAN HAYWARD/THE CANADIAN PRESS
2. AL BELLO/GETTY IMAGES
3. RONALD MARTINEZ/GETTY IMAGES

1 Alberta's Heather Nedohin won the Canadian women's curling championship with a 7-6 win over B.C.'s Kelly Scott on Sunday.

2 Third baseman Ryan Zimmerman and the Washington Nationals have agreed to add $100 million US over six years to his contract, with a full no-trade clause, a person familiar with the negotiations said Sunday.

3 Kobe Bryant has surpassed Michael Jordan as the NBA All-Star game's greatest scorer. Bryant broke Jordan's record of 262 points on a dunk with 4:57 left in the third quarter. The West defeated the East 152-149.

METRO NEWS SERVICES

Can Lawrie live up to the hype?

Explosive debut lifts expectations for second season

FRANK GUNN/THE CANADIAN PRESS

It's not hard to tell when Canadian Brett Lawrie is on the field at the Toronto Blue Jays' spring training complex.

He's a bundle of energy waiting to burst with a spring in his step that makes you take notice. Tattoos run up and down his muscle-packed arms and he's not afraid to speak his mind.

The 22-year-old native of Langley, B.C. injected a blast of enthusiasm when he made his debut with the Blue Jays last August. Lawrie also showed that the can't-miss prospect tag was applied to him for a reason.

He hit the cover off the ball during his 43-game run with the Blue Jays. Over 150 at-bats, the third baseman hit nine homers, eight doubles, four triples and had a .293 average to go with 25 RBIs.

Toronto fans are drooling about what might be possible over a full season.

"When he doesn't chase off-speed pitches out of the strike zone, he is as dangerous a hitter (as there is) I think in the American League," manager John Farrell said Sunday. "That's a pretty strong statement. But in a short period of time, we saw an explosive player."

"I'm just that fiery player. It's just always been inside of me. It's just who I am."
BRETT LAWRIE

Lawrie nearly made the team last spring but instead started the year with triple-A Las Vegas. He likely would have been called up in May had he not been hit by a pitch that broke his left hand.

When he finally got his chance, Lawrie took full advantage. He had two hits and drove in a run in his debut and never looked back.

"He was great when he came up and played for us," said Jays general manager Alex Anthopoulos. "Defensively, offensively, everything he brings, great teammate. And I thought the quality of his at-bats was outstanding.

"That being said, I don't think it's fair to take the stats he had last year and try to pro-rate them over 500 at-bats. That's probably not going to happen. But I think the production we got out of the position just as a whole, we can only go up from there. That can only improve."

Lawrie has always been the confident type and he's certainly not lacking now that he's tabbed to be the everyday guy at third base. He's an electric character on the hot corner — even during the breezy opening weekend of full-squad workouts at camp.

"He's a complete player, he's got an infectious attitude," Farrell said. "He might rub some people the wrong way, but within our clubhouse we love the energy."

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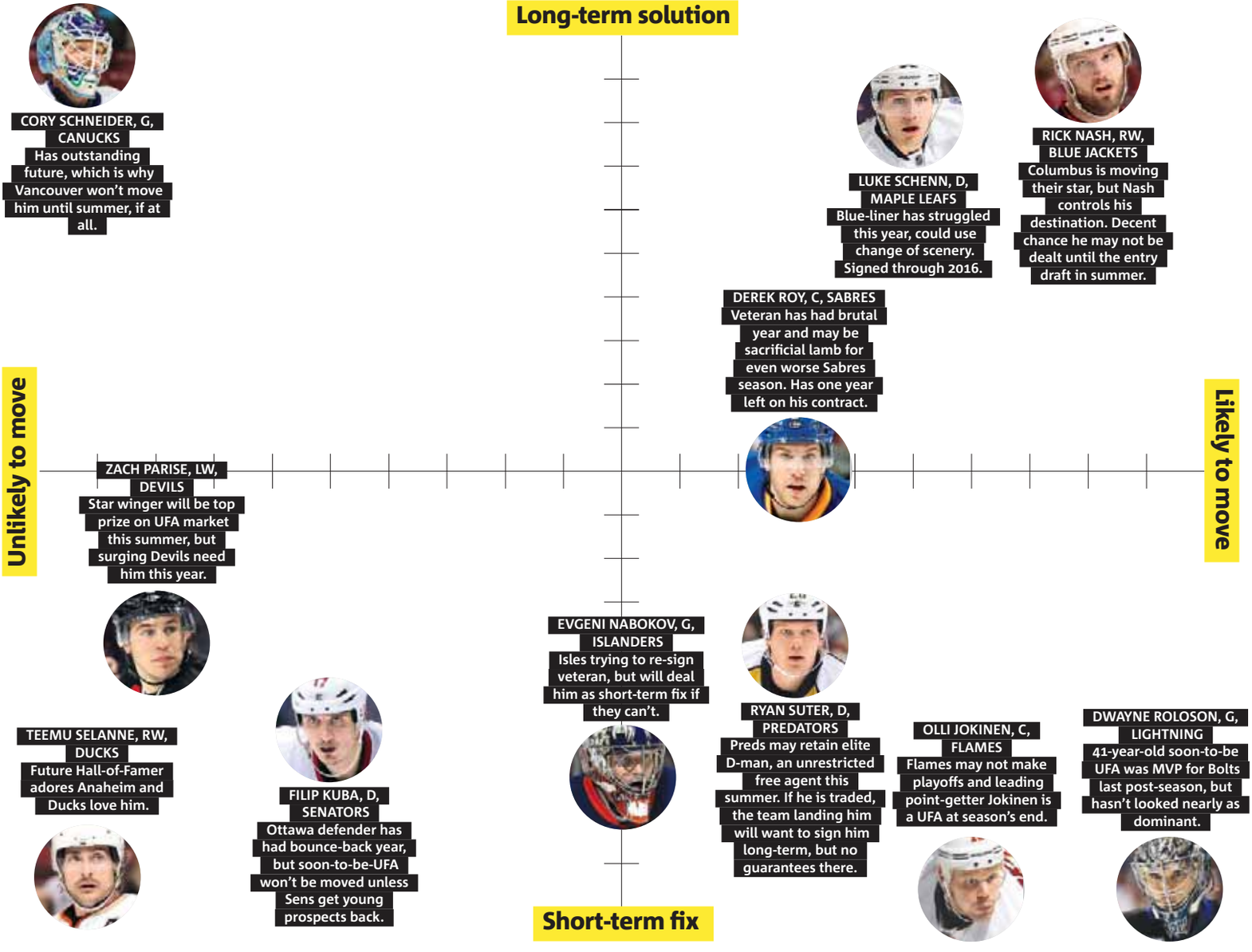
NHL trade rumour matrix

You're bound to hear many player names mentioned in NHL trade deadline day rumours, but what is the likelihood any of them changing teams? And are they short or long-term fixes? Hockey News writer Adam Proteau plots it out.


Long-term solution
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Likely to move
CORY SCHNEIDER, G, CANUCKS
Has outstanding future, which is why Vancouver won't move him until summer, if at all.
LUKE SCHENN, D, MAPLE LEAFS
Blue-liner has struggled this year, could use change of scenery. Signed through 2016.
RICK NASH, RW, BLUE JACKETS
Columbus is moving their star, but Nash controls his destination. Decent chance he may not be dealt until the entry draft in summer.
DEREK ROY, C, SABRES
Veteran has had brutal year and may be sacrificial lamb for even worse Sabres season. Has one year left on his contract.
ZACH PARISE, LW, DEVILS
Star winger will be top prize on UFA market this summer, but surging Devils need him this year.
EVGENI NABOKOV, G, ISLANDERS
Isles trying to re-sign veteran, but will deal him as short-term fix if they can't.
RYAN SUTER, D, PREDATORS
Preds may retain elite D-man, an unrestricted free agent this summer. If he is traded, the team landing him will want to sign him long-term, but no guarantees there.
OLLI JOKINEN, C, FLAMES
Flames may not make playoffs and leading point-getter Jokinen is a UFA at season's end.
DWAYNE ROLOSON, G, LIGHTNING
41-year-old soon-to-be UFA was MVP for Bolts last post-season, but hasn't looked nearly as dominant.
TEEMU SELANNE, RW, DUCKS
Future Hall-of-Famer adores Anaheim and Ducks love him.
FILIP KUBA, D, SENATORS
Ottawa defender has had bounce-back year, but soon-to-be-UFA won't be moved unless Sens get young prospects back.

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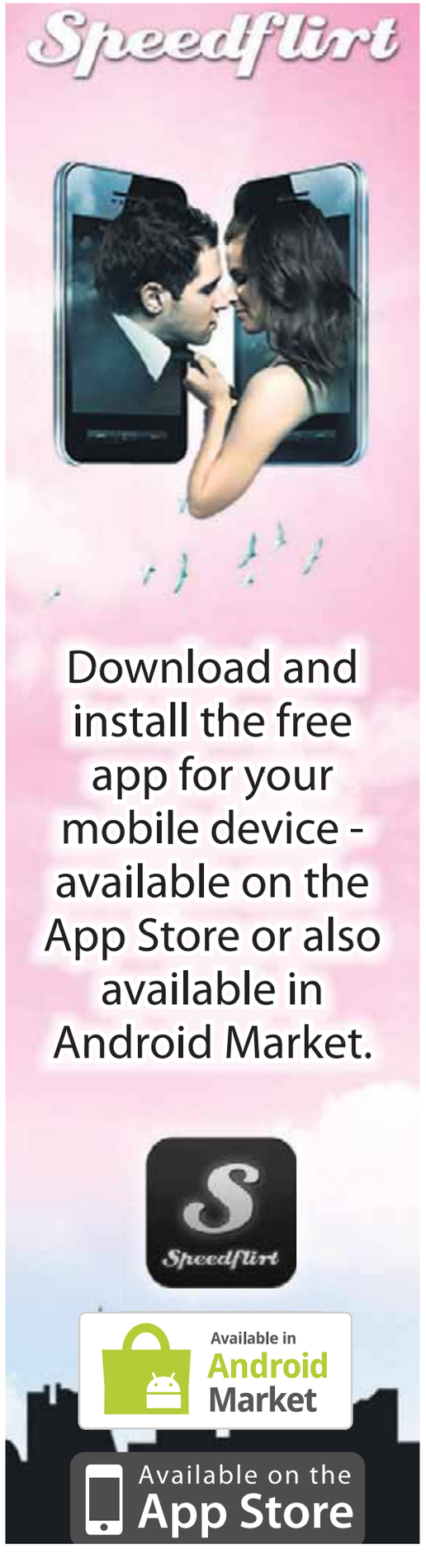
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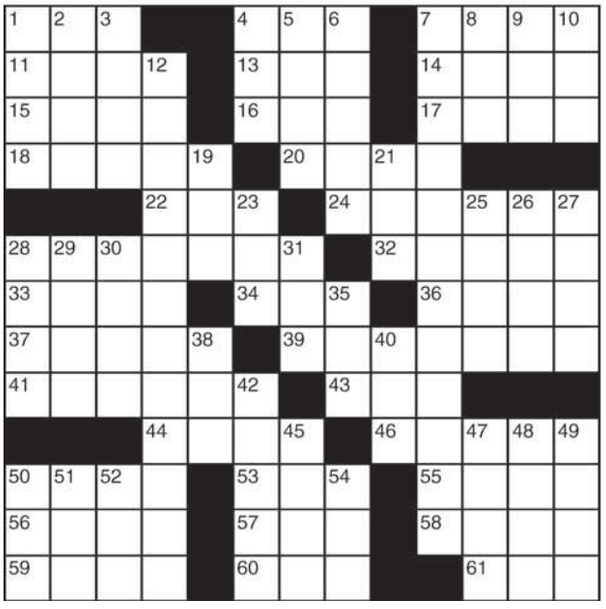
Crossword



Across

1 Vim and vigor
4 Had breakfast
7 Acceptable
11 Rowing props
13 Bagel topper
14 Pleasant
15 Seniors' big event
16 Mischievous tyke
17 Paradise
18 Provide with funds
20 Seethe
22 Barbie's cohort
24 Ruins the shoe polish
28 Custodian
32 Grin
33 Portent
34 "Holy mackerel!"
36 Surveyor's map
37 Suit material that draws lint
39 Rocket launcher
41 Stuck up
43 "Le Coq —"
44 Picnic spoiler
46 Playful water critter
50 Primary
53 — and caboodle
55 Dry riverbed
56 As well
57 Compass pt.
58 Japanese sashes
59 Rhett Butler's closing word
60 Caribbean or Mediterranean
61 Witness

Down

1 Vatican VIP
2 Deserve
3 Poke
4 Boxer Muhammad
5 "Who's buried in Grant's —?"
6 Erstwhile Montreal baseball team
7 54-Down server's query
8 Tease
9 High card
10 Longing
12 Headwaiter's obsolescent query
19 Drenched
21 Suffix with robot
23 Present
25 Flaky pastry dough (Var.)
26 Anti-aircraft artillery
27 Bristle
28 R&B singer Stone
29 Prayer ending
30 Infamous fiddler
31 Steal from
35 Bankroll
38 Greek vowel
40 Menagerie
42 "OMG!"
45 Day shift start
47 Keep — on (watch)
48 Actress Falco
49 Get up
50 Angry
51 — carte
52 Doctrine
54 See 7-Down

Friday's answer

Sudoku

	7	2				1		
			3	9				7
5					2			6
		4	2		7		8	
	5			8			6	
	3		1		6	7		
4			9					3
8				7	5			
		1				6	5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

3	5	6	9	7	4	8	2	1
7	2	9	6	8	1	3	5	4
1	8	4	3	5	2	7	9	6
9	3	2	4	6	5	1	8	7
4	7	5	1	9	8	6	3	2
6	1	8	7	2	3	9	4	5
2	4	7	8	3	6	5	1	9
5	6	3	2	1	9	4	7	8
8	9	1	5	4	7	2	6	3

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Night,
Wonderful Saturday evening to everyone tonight! Wasn't it a beautiful Saturday? Good thoughts! From a noble person sharing conscious sincere craziness! Hmm? Sweet Call!
SATURDAY

sandra,
to the woman i hold so dear that i wait to be near
CRASH

Matt,
I smiled at you yesterday, and I hope you noticed it. Sorry I didn't get to wave back at you. I was hoping you were going to talk to me on my break. Well I'll see you next week.
R

my pet
well, that is good,I waiting for you? No surprising! admit i'm scared to talk first...Why not!
ME

Today's horoscope

For today's crossword answers and for expanded horoscopes, visit metronews.ca

♈ Aries March 21-April 20
Put small issues out of your mind and focus only on the things that matter.

♉ Taurus April 21-May 21
Don't worry if you've been finding it hard to get along with someone because as from tomorrow your minds will be on the same wavelength again.

♊ Gemini May 22-June 21
If there is something you need done, something that is so important it really can't wait, you're going to have to do it yourself.

♋ Cancer June 22-July 22
If you let others set the rules of the game they will inevitably fix them so they win and you lose.

♌ Leo July 23-Aug.23
Think long and hard before ending an association that may not be easy to revive again in the future.

♍ Virgo Aug. 24- Sept. 22
Loved ones are extremely demanding at the moment and if you get through the day without raising your voice you will have done well.

♎ Libra Sept. 23-Oct. 23
Take it easy now because the next few days could be busier than you anticipated, especially on the work front.

♏ Scorpio Oct. 24-Nov. 22
According to the planets someone is being less than honest with you about what they are planning.

♐ Sagittarius Nov. 23-Dec. 21
Why are you worrying about something over which you have no control? There's no logic to it.

♑ Capricorn Dec. 22-Jan. 20
Take a break from your busy schedule and give some thought to the direction your life seems to be heading.

♒ Aquarius Jan. 21-Feb. 18
You are attaching too much importance to other people's opinions.

♓ Pisces Feb. 19-March 20
If someone is wasting your time then you must allow yourself to get angry.

SALLY BROMPTON

Caption contest

JENS MEYER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

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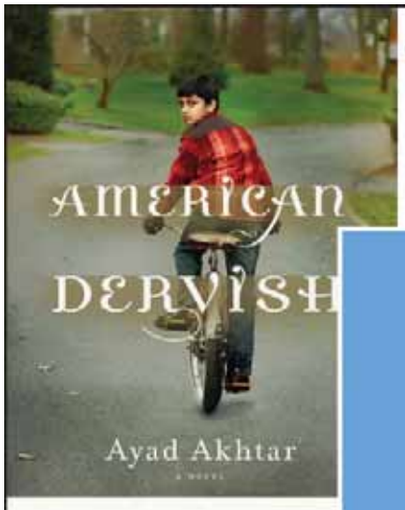

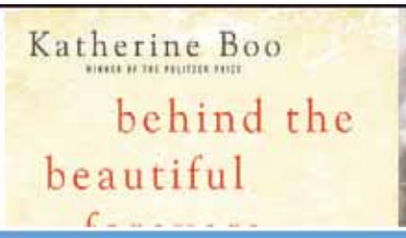

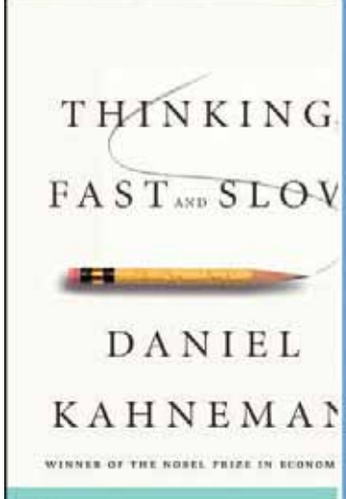

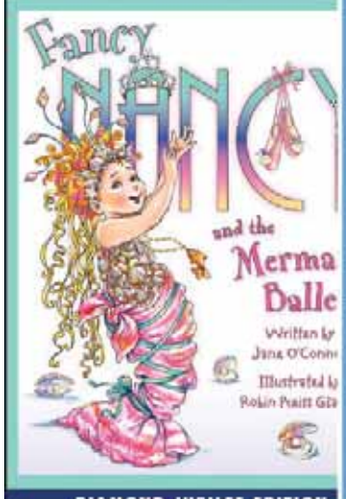

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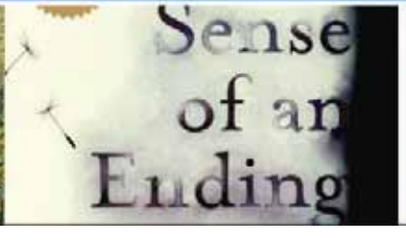

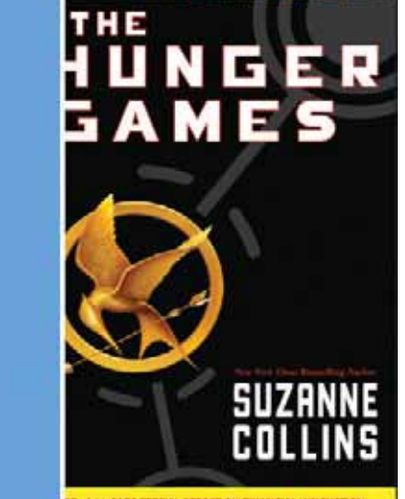

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